

I claim:

1. A spinal rest comprising:

a main body portion, said main body portion comprising:

one or more layers of materials;

a front surface;

a back surface;

wherein said front surface has a indentation in said front surface.

2. The spinal rest of claim 1 wherein said main body portion further comprises a bottom surface.

3. The spinal rest of claim 1 wherein said indentation resides fully within the periphery of said front surface.

4. The spinal rest of claim 1, wherein said indentation is adapted to allow for the placement of a thermal package substantially therein.

5. The spinal rest of claim 1, wherein said front surface is contoured to provide lumbar support.

6. The spinal rest of claim 1, wherein said front surface is contoured to provide thoracic support.

7. The spinal rest of claim 5, wherein said back surface is adapted to be placed substantially in contact with a seat backrest.
8. The spinal rest of claim 6, wherein said back surface is adapted to be placed substantially in contact with a seat backrest.
9. The spinal rest of claim 4 wherein said thermal package is substantially rectangular.
10. The back rest of claim 4 further comprising a thermal package.
11. The spinal rest of claim 1 wherein said main body portion comprises a first layer and a second layer, wherein the boundary between said first layer and second layer is relatively parallel to said first surface.
12. The spinal rest of claim 11 wherein one of said first layer and said second layer is primarily open cell foam.
13. The spinal rest of claim 5, wherein said indentation is adapted to allow for the placement of a thermal package substantially therein.
14. The spinal rest of claim 1, wherein said indentation is adapted to allow for the placement of a thermal package substantially therein.

15. The spinal rest of claim 4 further comprising a first cover, said first cover substantially in the shape of the outside surfaces of said main body.
16. The spinal rest of claim 15 wherein said first cover substantially covers said outside surfaces of said main body.
17. The spinal rest of claim 16, further comprising a second cover, said second cover adapted to cover a thermal unit, said second cover sized to fit substantially within said indentation.
18. The spinal rest of claim 15 wherein said first cover comprises cloth.
19. The spinal rest of claim 16 wherein said first cover comprises cloth.
20. The spinal rest of claim 17 further comprising a thermal unit, wherein said thermal unit is substantially within said second cover.
21. The spinal rest of claim 16 further comprising a first attachment portion fastened to the exterior of said first cover, wherein said first attachment portion is fastened to the exterior of said first cover substantially in the region wherein said first cover overlies said indentation.

22. The spinal rest of claim 17 further comprising:

a first attachment portion fastened to the exterior of said first cover, wherein said first attachment portion is fastened to the exterior of said first cover substantially in the region wherein said first cover overlies said indentation; and

a second attachment portion fastened to the exterior of said second cover, said second portion fastened to the exterior of said second cover, said first attachment portion and said second attachment portion disposed such that said first attachment portion and said second attachment portion fasten to each other while positioning said second cover substantially in the region wherein said first cover overlies said indentation.

23. The spinal rest of claim 1 wherein said indentation is approximately 9.5 inches square and approximately .75 inches deep.